

The Good Life™

The official newsletter publication created, produced, and sent to you by Tiffany Crate, owner and director of [TLC Fitness Consulting](http://www.tlcfitness.net).



Inside this issue:

Editorial by Tiffany
 TLC News
 Intuitive Eating Teleclass
 Top 5 Holiday Fitness Gifts
 Move It or Lose It
 Success Story
 Ask Tiffany
 Recipe Box

While flipping through a magazine the other day, I saw a clever advertisement for a major credit card company. Its famous trademark slogan, “Live richly” has been given a new twist: “Happily ever now.” Putting aside the instant gratification message to spend now, pay later, the concept is otherwise excellent!

Cinderella’s “happily ever after” premise maintains that true happiness will happen someday in the future when everything is just so. Life will be perfect when... you find your ideal job... you have your dream house... you lose weight... you meet your soul mate... you don’t have to work so many hours... the mortgage is paid off... the kids are out of the house... Who among us has not succumbed to operating under this fallacy?

It’s the “after” part that messes up the whole pretty picture. And yet, we buy into the happily ever after farce, short-changing ourselves of the true happiness to be had in the here and now! In this regard, most of us possess some degree of perfectionism— a burdensome characteristic.

Why wait? I, for one, want all that true happiness right now! Why settle for happily ever *after* when we can live happily ever *right now*?

I got a call last week from a woman seeking homes for five Fe-leuk+ kittens she is fostering. She was really down in the dumps, overwhelmed, pessimistic, and gave off a lot of negative energy. I’ve never met her, but we’re both intimately involved in the movement to reduce the homeless animal population in Chicago. “You have to *think* and *talk* like they’re healthy cats already,” I told her. “Things aren’t always the way you want them to be *right now*, but you just keep going as if they are. Tell them what healthy cats they are!” Within twenty-five minutes of our conversation, she was perky and full of hope, and wanted me to share with her the nutrition regimen we’re using to cure our own little Fe-leuk+ orphan, Nutmeg.

Excess weight, debt, homeless kittens. Still, live happily ever, now.

In Pursuit of Excellence,

Tiffany Crate, M.S., C.P.T.
 Master Fitness By Phone® Coach
 (773) 252-6511
tiffany@tlcfitness.net



TLC News

Get “Out Of Line”

Move over, in-line skates! There’s a new kid on the block named Landrollers. Tiffany was chosen to model and demonstrate these inventive “vehicles” at a recent Men’s Health PR event, celebrating the 5 Best Fitness Products of 2005.



Landrollers are downright bizarre-looking.

While an in-line skate has four to five small wheels centered directly under the boot, Landrollers have just two giant wheels situated on the lateral side of the boot. They’re slanted such that the bottoms of the wheels contact the ground directly underneath the center of the boot.

“When you first look at them,” says Tiffany, “you can’t imagine they could possibly stand upright and function properly, but the design is ingenious and it works!”

The back wheel is bigger than the front wheel, allowing for greater maneuverability, and because of their size, they’re significantly faster.

“I was surprised at how much I grew to like Landrollers,” admits Tiffany. “And because the wheels are so big, you can use them on rough, uneven terrain like rocky soil or grass. You can’t do that on in-line skates.”

They’re more stable and lighter-weight than an in-line skate, but similar in price (\$250). www.landroller.com.

Crate published in *Massage Therapy Journal*

The Winter issue of MTJ, the official publication of the American Massage Therapy Association (AMTA), hit the streets in November, featuring Tiffany Crate’s article, “Turn Extra Time Into Healthy Time.”

MTJ speaks to professional massage therapists, most of whom have some unused time between appointments. Crate’s article teaches them how to exercise efficiently in less than 30 minutes, right in the office or massage room. The clever plan is designed to give readers cardio, strength, and flexibility benefits.

“With minimal equipment and space,” Crate writes, “you can give yourself a fantastic, worthwhile workout, and return to your clients with renewed energy and a sense of well-being.”

While all members of AMTA automatically receive MTJ, others can find it at fine book stores like Barnes and Noble or at health emporiums like Whole Foods Market.



Got 25 minutes of dead time? Just do it!

Next Intuitive Eating series starts January 9

Want to be liberated from the infamous dieter’s mentality that keeps you stuck in the land of overweight, emotional eating, and guilt? Also known as the “un-dieting recovery model,” IE combines nutrition and psychology principles along with real life experimentation and discussion. The tools Tiffany teaches you to use are so empowering, you’ll discover what it feels like to be in charge of your relationship to food without heroic efforts. See the next page for full details!

Intuitive Eating— Good-bye, emotional eating!

6-week Teleclass, January 9 - February 13, Mondays, 7:30 - 8:30 pm CT

Also known as “un-dieting,” Intuitive Eating emphasizes your control over what you eat and replaces the power of food as a dictator with your power as the eater!

How many of the following statements sound like the words you say to yourself?

- I'll start tomorrow.
- From now on, I'm not going to eat _____.
- I've failed in the past, so why would it be different now?
- If it weren't for my _____, I could lose weight.
- If I am strict enough and hard enough on myself, maybe I'll change.
- There's just too much stress in my life for me to handle managing my weight right now.
- I deserve a little treat now and then.
- Life will be better when I lose weight.
- Well, there goes my diet, may as well give up.
- Other people make this difficult for me, it's hard to even try.
- I don't trust myself with food, so I have to keep dieting.

Who makes a good participant?

Anyone who is ready to stop dieting forever and regain the power that you relinquished when you were a small child. If you have tried your last “diet,” if you are fed up with living a lifestyle of deprivation and backlash binge-ing, and you have hit “dieting rock bottom,” then Intuitive Eating is for you.

Learning Objectives

- An exploration of the fears that cause you to defer to food, rather than turning to it for nourishment and enjoyment
- Positive support and encouraging experimentation
- An environment that makes it easier for you to be honest with yourself
- Introduction to and utilization of the Hunger Scale
- Implementation of self-directed actions, rather than actions externally dictated by others
- Learning and understanding the nutrition content of the main food categories and their satiation capacity (both physically and emotionally)
- Practicing the construction of balanced meals that fill you until it's time to eat again
- Figuring out how much food you actually need to achieve and maintain your natural weight
- Education on the physiology behind hunger, cravings, and contentment
- Learning to eat normal meals that honor you and make you feel good
- Weekly assignments that keep you involved in the journey toward permanent self-empowerment

Why is learning Intuitive Eating so necessary?

Because diets don't work! If they did, everyone would be skinny. If that diet of yours worked so well in the past, why do you have to do it again?

Intuitive Eating is a teleclass.

The teleclass series will consist of (6) 60-minute sessions on Tuesday evenings, from 7:30 - 8:30 pm, February 8 - March 15. A teleclass means you can be literally any place in the world and still attend class! You simply call a special telephone number at the designated class time and, voila, class is LIVE in session. The cost of placing the call is whatever your long-distance phone company charges you, although many people use their cell phone minutes to place the call. You'll love the convenience of learning from wherever you happen to be— no traffic to battle and no fear of arriving late to class. You could even take class while relaxing in your pajamas, if you wish!

Here's what people are saying about it...

“Intuitive Eating totally changed my way of thinking and feeling about food. I am not eating on an emotional level anymore. This class opened my eyes to many myths about food and I realized things about myself and my relationship with food, even up to the last class.”

— **Monica Witt, Infant Massage Therapy Instructor**

“The Intuitive Eating class helped me because I now feel like I have control over when and what I eat. I haven't had to give up the foods I love, and it is empowering for me to be able to decide how much food I want to eat. I feel more connected to my body and enjoy eating more, now that I understand what exactly I need the food for. I do not need food to comfort or to push away my feelings. I need food to help me live a good, enjoyable life!”

— **Liz Shulman, English and Foreign Language Teacher**

“The concepts of anti-deprivation, satiety and variety have acted in unison to help me integrate the first positive key life style change in my eating habits. Tiffany helped me recognize the extent to which I have a ‘dieter's mentality.’ What a miserable way for a food lover to live life!

Because eating has now become more fulfilling, I think it is helping to reduce at least one of the causes of my emotional eating and constant foraging.”

— **Ellyn Bank, Educator and Homemaker**

What does it cost? How do I register?

\$200.00 per person. Space is limited, so you must pre-register at your earliest convenience! tlcfitness.net—> Nutrition Consulting—> Intuitive Eating. Pay safely by credit card through Paypal. Then email tiffany@tlcfitness.net with your contact information.

Pssst! Top 5 Most Popular Fitness Gifts

Purchase any of these items today from www.tlcfitness.net

1. Stretch-out Strap — Aaahh... just what you need to lengthen those short, tight, stiff muscles. The Strap comes with an instructional chart depicting many stretches you can do with it. The unique aspect of The Strap is that it has hand grip loops all the way down the length of it so you can get comfortable leverage for the most effective stretching. It travels well because it's practically weightless. Tiffany keeps hers near the bed to stretch her hamstrings and gluteals last thing before going to sleep, or first thing before getting up for the day. **\$23.00**

2. Exercise Companion CD — whether you're brand new to exercise or a veteran, this highly motivating companion CD will change your cardio workout in ways you can't imagine! The narrator talks you through an entire cardio workout, with vigorous background music, supplying you with energetic, motivational phrases. The amazing hook is that the messages on the CD not only push you to work harder than you otherwise would, but they instantaneously change your whole mental outlook about life! Even Tiffany uses the CD because it elevates her workout and her attitude. **\$30.00**

3. Training Fan — perfect for those who travel a lot or exercise in various environments. The size of a ruler and easy to toss in your luggage or gym bag, the Training Fan has 96 panels that are hinged at one end and spread out like a fan. The panels thoroughly illustrate exercises for three exercise scenarios: no equipment, minimal equipment, and big gym machines. Muscle groups are categorized and color-coded. No matter what your circumstances, you are guaranteed a complete, effective workout. Photos of

models demonstrating the exercises and detailed text provide safe instructions. **\$25.00**

4. Caltrac Accelerometer — this high-tech piece of equipment accurately counts the calories you burn, as well as your basal metabolic rate (BMR). This product is used in my Fitness By Phone® coaching program and has revolutionized the personal training world. It is worn unobtrusively on your waistband, is easy to use, and provides you with immediate, objective feedback on the effectiveness of your workout. No more guessing games, wondering whether you're maximizing your efforts or just spinning your wheels to no avail. **\$105.00**

5. Polar S120 heart rate monitor — top of the line HR monitor measures and records your heart rate, giving you immediate, objective feedback on your exercise efforts. The S120 tells you how many minutes you exercised, what your average and max heart rates were during your workout, as well as how many minutes you spent in each of three heart rate zones. You can store your heart rate information away as a file for later retrieval. This product is used in my Fitness By Phone® coaching program. It's the best of the best. **\$138.00**

Prices already include taxes, shipping, and handling.

You can purchase any of these **holiday** gifts with your credit card at www.tlcfitness.net. Go to the **"Retail Pro Shop" page**. Your credit card information is handled securely by Paypal.

Fitness is Just A Phone Call Away!
(773) 252-6511

Move It or Lose It – Single Torso Twist

Target Muscles

Abdominals, Low Back, Ribs, Shoulders

Why Bother?

Who here would like to have a tighter, more compact, well-defined waistline? Good-looking abs are actually the result of the entire circumference of the waist (not just the abs!) being well-conditioned.

How To Do It

- Begin with your hands behind your head, fingers NOT interlocked, and feet on the floor so that your knees form 90° angles (a).
- Keeping your left elbow on the floor, tighten up all of your abdominals and upper torso muscles and hoist your back and your left leg off the floor, bringing your right elbow and left knee together. Ensure that a triangle of space is formed under your left armpit and pause at the top (b). Return smoothly to the floor, rolling across your shoulder blades without stopping at the bottom, and repeat on your other side (c). Continue to alternate side to side.
- Gradually build up to doing 2 sets of 15 repetitions per side. Between the two sets, rest for a few minutes and do some stretches. Do this exercise 3 days a week.



Success Story

"I'm 5'7" or so, and used to be 161 pounds. I lost about 20 pounds by following your Intuitive Eating program, and then another 10 pounds through your Fitness By Phone coaching. Now my goal is not to lose any more weight, but rather to lose about 2 or 3 inches off my waistline and just get myself in much better shape, muscularly. I look forward to you helping me use my new Total Gym weightlifting machine at home! Thanks again for the motivation, Tiffany."

— *Jhnetta Taylor, Court Reporter*

"I've lost a total of 30 pounds with Tiffany's coaching!"



Ask Tiffany

"Tiffany, remind me— what are all the reasons I'm supposed to eat all those green plant foods?"

— L.T., River Forest, IL

"Ahhh, yes, lots of green plants, L.T. The reasons are many, and as you will see, the various kinds of super green foods act synergistically. Because the human body is a sea of hormonal and chemical reactions, every single aspect of your health is impacted by what you eat. • First off, green plant foods are high in bioavailable calcium, which assists in maintaining a healthy metabolism. • Next, green plants are very detoxifying. Chlorophyll in green plant foods oxygenates the tissues and cleanses the cells.

• Because green plants are high in water content and fiber, they improve digestion and reduce constipation. • Chlorophyll is just one of thousands of phytochemicals—miraculous plant substances that prevent cell oxidation and therefore prevent cancer.

• Many phytochemicals in green plants have anti-inflammatory properties and protect against environmental challenges to our cells. • Finally, greens contain healthy phytoestrogens, naturally occurring plant estrogens that keep the endocrine (hormonal) system nicely balanced. Phytoestrogens combat the bad xenoestrogens that enter our bodies via processed foods and contact with plastics and various chemicals contained in cosmetics, hygiene products, clothing, plastics, and cookware. Xenoestrogens cause hormone imbalance, resulting in simple carb cravings, brain fog, headache, poor mood, and a generally depressed immune system. Maximizing your intake of dark, bright green plants will reduce the incidence of menstrual and perimenopausal symptoms such as cramps, energy- and mood-swings, fatigue, non-hunger food cravings, and hot-flashes. So it's vital that everybody load up on all sorts of greens every day and seriously minimize consumption of processed, manufactured pseudo-foods. Simply having one or two of the many super green foods (spirulina, kamut, green meal, dark leafies) is nice, but the way to get the full-blown benefits is to eat all of the different greens regularly. And this is one healthy measure that you can literally feel making a difference in your body!"

Recipe Box

Christmas Smell

- 1 orange peel, torn into 3 or 4 pieces
- 2 bay leaves
- 1 cinnamon stick
- 1 tsp. whole allspice
- 1 tsp. whole cloves

“Wow! It smells so good in here!”
That’s what guests will say when they walk through your front door.

Okay, this one’s not for consumption! But Christmas Smell will make your entire house smell delicious enough to eat, that’s for sure. Fill a small sauce pan with water and set it on medium heat. Add all the ingredients to the water. Leave the lid off—you want the aroma of the cooking spices to fill the air. When the water begins to simmer, turn the heat down to its lowest setting. As long as you keep adding water every couple of hours, you can get two days’ usage out of the same batch of spices. Just don’t forget that the burner is on and don’t let the water evaporate completely.

Help Spread The Good Life to Others

Do you like The Good Life? Is there someone who you think would enjoy The Good Life, too? I invite you to share their email address with me and I’ll send them a FREE subscription to The Good Life, compliments of YOU! I will never abuse their email address, sell it, or share it with anyone else.

Your Comments

Do you have a comment, a question, or perhaps a suggestion? I welcome your comments, so please email them to me at tiffany@tlcfitness.net.

Unsubscribe Information

To unsubscribe, send an email with the word “Unsubscribe” in the subject line.

**(Copyright) 2005 by Tiffany Crate/TLC Fitness Consulting.
All Rights Reserved.**

It is unlawful to reprint any of this publication or host it on your web site without explicit permission.

